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UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics

MAY, 1925

Man, know thyself as God knows thee: see thyself as God sees thee. Thou art God manifest!

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UNITY SCHOOL OF CHRISTIANITY
Kansas City, Mo.

BEHOLD, THE MAN!

F. B. WHITNEY

Would you see the Christ today?
He will pass along this way;
Many times he will be near,
Right before you he'll appear.

Look! This man with kindly smile—
Known this one for quite a while?
Just an old-time friend, you say?
(Christ has passed along the way.)

See! This one in lowly guise—
There is scorn within your eyes!
Never liked him much, you say?
(Christ has passed again that way.)

Now you catch my meaning clear:
Both were Christ. Then have no fear.
In your smile the Christ I see;
Thrice today he's come to me.

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UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by
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F. B. WHITNEY, *Editor*

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Each moment we must be busy keeping out of mind every limiting thought about man. By disciplining thought we find it easy to think good so steadily that there is neither time nor place for evil thought. In time, thinking evil about others causes one to associate evil with himself. By the same law, thinking good at all times causes one to think well of himself.

Each moment you must be busy keeping out of vision every distorted image of man. Instead of allowing yourself to see imperfection and limitation, train yourself to see perfection. Look past the appearance and see the spiritual expression. By this practice you will cause the good to come forth. On every hand good will spring into manifestation at your bidding.

LESSON SUBJECTS

May 1, 2, Prosperity:
Through Praise; Through Love.

May 4-9, Man:
Deny Personality; Deny Belief in Heredity; Affirm Spiritual Nature; God Works Through Man; God and Man Interrelated; Man's Dominion.

May 11-16, Heaven:
Not Without, but Within; At Center of Being; Glories of Inner Kingdom; Gained Through Understanding; Realm of Divine Ideas; Harmony and Order.

May 18-23, The Good:
Good is All; Good Displaces Belief in Evil; Health; Accounting for Evil; Imaging the Good; The Word.

May 25-30, The Absolute:
Mind; Cause; Manifestation; Law; Justice; Health.

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FRIDAY, MAY 1

Word for Today: *By my word of praise, all my finances are multiplied and increased.*

A failing business proposition can be praised into a successful one. . . . You can praise yourself . . . from poverty to affluence.—*Christian Healing.*

The word of praise, when set into operation in one's financial affairs, causes his prosperity to increase. Quite often one's failure to demonstrate prosperity results from his inclination to condemn and to malign his affairs. He must see good in his work and praise what he has, if he wishes to succeed and see his prosperity increase.

Praise your business and you will soon discover that others take up the idea of praising it. Then you will find more people becoming the centers through which praise issues.

Jesus understood the law of praise and often applied it. His thoughts of praise played upon the loaves and the fishes and they increased.

Praise removes all limiting beliefs and, in their place, establishes that which is constructive. You cannot believe in poverty when your consciousness is filled with thoughts of prosperity and praise.

Your word of praise is the utterance of Spirit; through you the voice of God speaks. Your word of authority commands your prosperity to appear, praises it into visibility.

"Multiply your seed for sowing, and increase the fruits of your righteousness."

SATURDAY, MAY 2

Word for Today: *By love I draw prosperity to me and to all my affairs.*

Many who have found the law of true thinking and its effect, wonder why supply does not come. . . . It is because they have not developed love. —*Christian Healing.*

Love is magnetic. It attracts the good. Nothing can neutralize its attractive power. To financial affairs it draws prosperity; it attracts patrons.

Love of service is a power that draws many people to a business. They want to be served and they are attracted to the place where love of service radiates. The consciousness of love in a business is the force that draws prosperity to the business.

A merchant who loves mankind will have his consciousness cleared of the thoughts that drive away patrons and prosperity. Love is irresistible. Prosperity cannot stay away from it.

Add love to your consciousness of prosperity and you will supply that which will make your consciousness magnetic to prosperity. Many people who are not demonstrating prosperity would do well to develop more love. If they developed it, they would find themselves so engrossed in service that they would forget all about failure. Being engrossed in love and service, they would find themselves in prosperity.

"I lead in the way of righteousness . . . that I may cause those that love me to inherit substance" (A. V.).

SUNDAY, MAY 3

Word for Today: *The law of God is the law of my body temple.*

Many would have much less to overcome if they ate only that which is nourishing and upbuilding, that which is truly food.—*Unity Correspondence Course.*

In these days of many opinions about health, we need to turn to God and to his laws of health. We need to come from under all limiting laws under which we have placed ourselves.

Daniel settled the question of diet by turning away from the king's rich dinner to his own simple and nourishing repast. Many people who are confused by various opinions in regard to diet would do well to let themselves be guided by simplicity. Daniel was a vegetarian; also he was a man of vision, a man whose visional sense was opened and who was taught through visions and dreams.

The Unity School advocates vegetarianism to those who would simplify their overcoming and to those who desire to develop their visional faculties. It does not teach diet or make dietetical laws for its students.

The development of self-control does much in helping one to master himself and his body. It makes the individual, not laws of health, the master. It causes the higher self to take control.

"Every man that striveth in the games exerciseth self-control in all things."

MONDAY, MAY 4

Word for Today: *I deny personality and all belief in personal limitations. In Truth I am the perfect man of God.*

Man has no permanent existence while he is wholly in the consciousness of the personal estate. —*Christian Healing.*

Personality is the sum total of characteristics which man has personalized as distinctly of himself, independent of others and separate from divine principle. The personal man feels self-sufficient. He knows naught of God, neither does he recognize that God has a place in his life. This man attempts to live his life without aid of God or of man.

The life of the personal man is short because there is nothing permanent upon which to base his existence. He lacks the life and the wisdom of the Eternal. He needs to come into consciousness of divine individuality. It alone can free him from the limitations of personality and the personal life.

In Truth man is God in manifestation. Only by recognizing God and by seeing man's relation to God and man can we behold the spiritual truth about man.

By seeing what man is not we are able to erase from consciousness all false beliefs about man. Then the Truth about man in perfection can be established there.

"I do nothing of myself, but as the Father taught me."

TUESDAY, MAY 5

Word for Today: *I erase from consciousness all belief in heredity. As the son of God, I am whole and well.*

Since man is the offspring of the Almighty, he must have the character of his Parent.—*Christian Healing.*

Belief in heredity is in opposition to spiritual truth. The belief has for its foundation the supposition that man is physical and material, born of the flesh and limited by laws of the flesh. The belief keeps one under bondage to the flesh and under bondage to the belief that he is the son of flesh.

"Call no man your father" and you will be free from the belief in heredity. When your consciousness is cleared of this belief in false relationships you will become conscious of your true relation to your heavenly Father; you will know yourself as his son.

Hereditary taints in the flesh are removed only when spiritual truth removes from consciousness the belief in heredity. Bondage to ancestral sins is overcome only when we allow the Truth of God to manifest in us. Man is not under bondage to the sins of his forefathers; the sin which withholds his health is the sin of omission—failure to know the spiritual truth about himself.

"Who sinned, this man, or his parents, that he should be born blind? Jesus answered, Neither did this man sin, nor his parents: but that the works of God should be made manifest in him."

WEDNESDAY, MAY 6

Word for Today: *Born of Spirit, I am the expression of God's idea of perfect man.*

God created man in his "image and likeness." God being Spirit, the man he creates is spiritual.—*Christian Healing.*

Divine Mind is man's spiritual consciousness. When perfect ideas of this Mind are born to man's consciousness he perceives Truth. When he grasps the truth of the divine ideal he has caught ideas from Divine Mind.

In the great plan of creation, the pattern of man is perfect. Man must come to know himself as the identical "image and likeness" of this ideal. In the divine plan, there are no patterns or ideas of imperfection or of imperfect man. In Truth only one man is created—the perfect creation of God.

Born of Spirit, your character is spiritual. You have perfection like God's perfect idea of you. You may think contrary to this truth and manifest something very much unlike perfection but in absolute Truth you are perfect. In Truth you are what you are in the sight of God.

Man becomes like his thought and vision of himself. If you think of yourself and see yourself as spiritual and perfect, you will become spiritual and perfect, you will manifest what is true of you in the ideal. Your high vision of yourself will tend to refine your thought and transform your body.

"That which is born of the Spirit is spirit."

THURSDAY, MAY 7

Word for Today: *In my body, God is manifesting the truth about man in perfection.*

Through man, God is forming or manifesting outwardly that which exists in the ideal.—*Christian Healing.*

God, the Spirit and Principle of life within man, is ever seeking expression through man. When given free and full expression this life manifests as the perfect life of man and results in a perfect body.

When man gives up adverse thought he ceases to hinder the expression of God life in his body. Instead of causing stagnation or pressure in his body by causing an uneven distribution of the life forces, man may enter a consciousness wherein he may equalize the flow of life and cause health to manifest.

Know the truth about perfect man. By so doing you will remove belief in disease from mind and body; you will establish life and health in place of disease.

When you are thinking the truth about man, the Divine Mind in you is thinking truth and health. This Mind manifests in proportion to your ability to keep your adverse thought out of the way. You cannot think health and manifest it while you are thinking disease. You must think with God in order to manifest the truth of God.

"My Father worketh hitherto, and I work" (A. V.).

FRIDAY, MAY 8

Word for Today: *God is in me and I live in God.*

Some metaphysicians teach that man makes himself, others teach that God makes him, and still others hold that the creative process is a coöperation of God and man.—*Christian Healing.*

Today we study the interrelation between God and man. We shall see the necessity for man's knowing God.

Those who deny God deny their own divinity and their life and power. To deny God is to deny all that is essential to man's existence.

When we understand spiritual truth, God works through us and we work with God. This is a partnership, a coöperative process. It involves both mind and manifestation.

Man can do nothing of himself; he needs the higher mental and spiritual forces. Without these he cannot hope to accomplish anything.

The greatest men have been those who walked with God, those who went their way knowing God aright. Jesus again and again referred to his oneness with the Father. He sought to keep his identity at all times.

"Take God as your partner" is becoming a modern slogan for big business and practical Christianity. The one who works with God has all to gain. Through that one God does his perfect work.

"Thou, Father, *art* in me, and I in thee."

SATURDAY, MAY 9

Word for Today: *As man, God manifest, I have power and dominion over all things.*

The final climax is reached . . . when . . . man appears, having dominion over everything.—*Christian Healing.*

As spiritual consciousness in man develops, power and dominion increase. At the same time there is decrease—and eventually cessation—of belief in weakness and subordination; the consciousness is so completely given over to Spirit and spiritual things that it becomes the vehicle for the expression of Spirit.

Man's dominion, then, depends upon his realizing and asserting the dominion of God. He needs to behold this dominion as unlimited in every respect. He needs to see himself as able to exercise full authority and dominion.

If you have fear of any kind, if you are fearful of people or things, you may know that you have not touched spiritual consciousness and found dominion and power. You can overcome fear of people and of things by changing your impressions of them. Remember, you deal with your beliefs and impressions and not with physical things. You can change your beliefs when you understand Truth.

You become master when you cease to think that external things can master you. You realize dominion when you realize that you have all that there is of dominion.

"The upright shall have dominion over them."

SUNDAY, MAY 10

Word for Today: *Looking Godward, I draw to myself the baptism of the Spirit of God.*

Every one who goes ahead and does the very best he knows, in the name of the Most High Good, will by virtue of his works draw down upon himself the baptism of the Holy Ghost—the Word of God. —*Christian Healing.*

The eunuch who studied Christianity as he journeyed along the road drew to himself Philip, a disciple of Jesus. Spirit had guided Philip to this man. Philip ministered to him, interpreted the sacred writings for him, and then baptized him. The eunuch, by his sincere desire to know Truth, attracted to himself one who was a representative of the Christ.

If we direct our visional sense toward Truth, Truth comes toward us. If we give our attention to spiritual things, spiritual things will be revealed to us in one way or another. If we fervently desire spiritual baptism, we shall receive it.

When we turn to God we invite the richest blessings of God; we prepare ourselves to receive abundantly. We turn from doubt and lack; we receive assurance and abundance.

Looking Godward, you behold the very presence of God and find yourself in the very midst of that presence. Looking Godward, you find that you are but looking within, to God in yourself.

"Draw nigh to God, and he will draw nigh."

MONDAY, MAY 11

Word for Today: *The kingdom of heaven is within me and I look to Spirit within as the center of my heaven.*

Religion is looking for this mighty Creator away off in some distant heaven, right in the face of the distinct teaching of Jesus Christ that God is Spirit and that his kingdom is within man.—*Christian Healing.*

Those who center their faith in some geographical heaven lose interest in life here and now. Among some religious people there is a tendency to look to some time when they will be out of the body and in some far-away paradise. These people need to realize, as Jesus did, that the heavenly kingdom is within, not without.

If you think of Spirit as your own indwelling Spirit, then you will see that the heavenly kingdom is within, where Spirit lives.

It is much more reasonable to think that heaven is with the living, with those who demonstrate the principle of life, than to suppose that it is some place where the dead are, in the abiding place of those who fail to realize spiritual truth.

Those who know the truth and look to the spiritual heaven within, abide with Jehovah and stand upon a truth which endures throughout all ages.

"Jehovah said, Behold, there is a place by me, and thou shalt stand upon the rock."

TUESDAY, MAY 12

Word for Today: *At all times and in all places I turn within and find heaven.*

It [Heaven] is not outside of your body today, and inside of it tomorrow, nor is it possible for heaven to exist anywhere but right at the center of what seems to you to be the physical.—*Christian Healing.*

The location of heaven does not change. Once you have realized that heaven is within, not without, your next step is to know that it is within at all times. If you know this truth, wherever you are and under all circumstances you can turn within and find peace.

Spirit and spiritual things are permanent, unchanging. They may always be found in their right places. When one keeps his thought clear he realizes that heaven is here and now.

At the center of your consciousness is the heavenly realm. Likewise, it is the center of body consciousness. When one grasps this truth, he finds heavenly thoughts externalizing as his physical health.

It is man's duty to find heaven and to abide there. At no time should he think of heaven as external or think of external things as having power to destroy his heaven or to remove it from him. If you think of external things as having power, greater power than that of heaven within, you must erase such belief by steadfastly affirming and realizing the truth about heaven and your oneness with it.

"Our citizenship is in heaven."

WEDNESDAY, MAY 13

Word for Today: *In heaven within I find all the joys that I have sought in heaven without.*

There is within every one a place, a conscious sphere of mind, having all the attractions described or imagined as belonging to heaven.—*Christian Healing.*

When you find the inner kingdom, you will discover that it contains all that you have anticipated finding in some external or far-away heaven.

The things that man has visualized as belonging to heaven are the things that, in Truth, he can possess. Here and now you can live the life of harmony and joy that you have expected to live at some distant time and place. By reaching spiritual consciousness, by finding the kingdom of heaven within, you can enjoy heaven right here.

What are the glories of heaven? Perfect understanding and the seeing of all things in their proper relationship. Could any one enjoy these without first realizing them in consciousness?

Your inheritance from God is heavenly joys. You receive these through consciousness. If your consciousness is right, time and place do not matter to you. If you have a consciousness of heaven here and now, you will enjoy heaven right here and now.

"Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world."

THURSDAY, MAY 14

Word for Today: *Understanding God, I dwell in heaven.*

By a right understanding and by the right thoughts and words, man will regain the kingdom within and will be reinstated in the Garden of Eden.—*Christian Healing.*

By developing spiritual understanding we develop a greater consciousness of heaven, oneness with God. When one understands the truth about his relation to God, he finds himself in heaven.

Through lack of understanding, man can fall from heaven or keep himself out of it. In his ignorance he pictures lack and confusion and lives in them. The hell that man has pictured is simply a graphic picture of lack and disorder, lack of heaven and lack of divine harmony. One with the heavenly consciousness can have no belief in hell.

The Truth student finds that spiritual consciousness and heaven are nothing mysterious. He feels that at the center of his being there has always been heaven. The nothingness of the whirl of the senses gives way to the reality of the inner.

In order to live in heaven, first you must consciously realize the presence of heaven and your relation to it. Through this understanding you identify yourself with heaven.

"Lord, thou hast been our dwelling-place
In all generations."

FRIDAY, MAY 15

Word for Today: *Through divine ideas I behold the vision of heaven here and now manifest.*

Jesus understood this realm of supreme ideas, or, as he termed it, "the kingdom of God within." —*Christian Healing.*

Through Divine Mind, spiritual consciousness, we grasp the truth about heaven. We behold it in its perfection. We perceive the expression of spiritual ideas, the sum total of which make up heaven.

Always think of heaven as in the midst of you. Think of yourself as in the midst of heaven. This consciousness of heaven brings about its manifestation.

Seeing the vision of heaven through the inner eye of Spirit helps us to see the manifestation of heaven right here and right now.

You and your environment are like that which you behold. Discipline yourself to see things in their divinity and in their perfection.

Divine ideas—love, life, power, strength, and so forth—are thoroughly alive and become manifest to your consciousness through your ability to perceive their presence and reality.

Be true to the heavenly vision and you will see heaven manifest for you. Many people live in heaven here and now because their consciousness is heavenly.

"I was not disobedient unto the heavenly vision."

SATURDAY, MAY 16

Word for Today: *The order and the harmony of heaven are now expressed in me and manifest in all my affairs.*

To manifest the harmony of Divine Mind, or the "kingdom of heaven," all our ideas must be one with divine ideas and must be expressed in the divine order of Divine Mind.—*Christian Healing.*

In heaven there is no chaos or confusion. All disorder is done away with when spiritual consciousness becomes expressed. The reign of peace and harmony comes with the reign of spiritual consciousness.

We bring order and harmony into manifestation by holding to ideas of order and harmony. One who holds ideas of order and harmony to the exclusion of ideas of disorder and inharmony will find no trouble in manifesting order.

One who finds disorder in his home life or who has disorder in his business should drop the consciousness of disorder and, instead, see order and harmony.

Order is heaven's first law and the development of a consciousness of order will do much toward the establishment of heaven. Many people find order the door to heaven because order is the right arrangement of ideas. Order tends to cause us to see things in their right relationship and in their right proportion.

"This is none other than the house of God, and this is the gate of heaven."

SUNDAY, MAY 17

Word for Today: *I abide in the vision of Christ's presence and I am changed into his likeness.*

Before the descent of the Holy Spirit upon us, we live in the intellect.—*Christian Healing.*

Before his experience with Jesus, Saul was a contender. He argued against the teachings of Jesus because they did not line up with his own intellectual concepts; he resisted the works of Jesus' disciples.

The coming of Christ to his consciousness, and the attending spiritual baptism, transformed Saul. The man who had striven against Jesus became a Christian.

When Truth comes to our consciousness we give up the resistant attitude and become Truth's exponents. We give up intellectual standards and the inclination to call everything wrong which does not meet our approval. The tendency to reason about truth gives place to the dawning of truth upon our consciousness.

Catch the vision of Christ and unify yourself with it. The light of Christ will flood your consciousness and transform and regenerate you. This light will blind you to the old limiting thoughts of yourself. Its glory will radiate throughout your being.

"We all, with unveiled face beholding as in a mirror the glory of the Lord, are transformed into the same image from glory to glory, even as from the Lord the Spirit."

MONDAY, MAY 18

Word for Today: *In Truth, good alone has presence, being, and reality. Only the good has place in me and in my life.*

. . . all is good, and by refusing to see anything but good, that quality finally appears uppermost in itself and in all things.—*Christian Healing.*

Good is an eternal verity. It is real and substantial because it is of God and founded upon God. As we develop in Truth, we see the allness of good. We see that only God has reality, being, and presence. When we know the fullness of truth then do we know the allness of God.

Only good is real because only God is true; so God, the good, is all the existence there is. We may think that which is unlike God but we cannot give it the reality of God. Only that which is true in the absolute can have permanence or substance.

Think of your all as all of goodness. Fill your life so full of good that it is all there is for you.

Think often of your good. Count your blessings. By thinking of them and praising them you will multiply them until they fill your life.

Mentally identify yourself with the good. Make union with it and make it part of yourself. By your mental attitude you establish a connection with the good which will cause it to come your way.

By affirming the good you will cause it to spring into manifestation in all your affairs.

"Hold fast that which is good."

TUESDAY, MAY 19

Word for Today: *Neither evil nor limitation has place in me or in my affairs. The presence of God is my omnipresent good.*

If you have been in confusion mentally in the contemplation of a world both good and evil, . . . the only true remedy is to stand by the pure reason of your spiritual perception and let it clear up the proposition for you.—*Christian Healing.*

The best way for you to remove what appears to be evil is to fill your consciousness so full of good that there is room for nothing but good. Belief in evil or limitation is automatically displaced by the presence of truth and good. You cannot believe in evil and in good at the same time. Your believing in either one shows that you do not believe in the other.

One who dwells long in the consciousness of good finds that, in absolute truth, nothing is real and true but the good. What has been a limiting thought must give way to the truth and the right thought.

Omnipresence is all presence, all existence, all reality. Have no belief that anything but God can have reality and presence. If you think of good as omnipresent, as having all the presence there is to have, then you can attribute no presence to evil.

That some condition appears to be evil is no reason why you should believe that anything evil can have presence or that evil can have reality. "Turn away from evil, and do good."

WEDNESDAY, MAY 20

Word for Today: *My health is from God. God, the good, is the source of my abounding health.*

Sickness is not good, because it is not of God. —*Christian Healing.*

Sometimes young students of Truth do not demonstrate health because they are still in the consciousness that disease is from God. They think of God as a negative principle. Many persons who believe that sickness and death come from God try to thwart these calamities by the use of drugs and the ministrations of doctors.

In spiritual truth we do not study disease and pathology. Our entire attention is given to the positive and constructive side, to health. A knowledge of pathological conditions gives a consciousness of disease, not health.

If you think of God as the animating principle of life within you and think that there is nothing to oppose this life, then you will become conscious that it is your life and health, abundant and full.

When you cast from consciousness all belief in evil and disease, good and health manifest in your body. God, the good, manifests according to your consciousness.

Those who demonstrate health through Christian metaphysics do so by filling their consciousness with the presence of God as their abounding health.

"He that doeth good is of God."

THURSDAY, MAY 21

Word for Today: *I give my whole thought to thinking and seeing the good.*

We find the early students insisting upon having explained to them all about evil—how it originated, and why it has place in existence—when good is the origin of all that is.—*Christian Healing.*

The subject of healing is very important. Many students are inclined to give much thought to diagnosing conditions, explaining evil, unmasking error, and making denials.

If we are to take the absolute position, we cannot afford to give thought to that which we are taught has no existence. If we give thought to how evil can originate or how it can be, then our consciousness becomes contaminated with belief in evil.

Evil, in the individual, is but that one's failure to know the truth. His business, then, is to know the truth, for it alone can free him from belief in evil. Evil's sole origin and existence is in man's limited concepts.

Good thought, from divine consciousness, is the origin of all good. It can never be the origin of anything unlike itself.

All that is, all that has true existence, all that has reality, is good. If you think of all as all of good, then good will fill your life to completion. There can be no more than all, all of God.

"How great is thy goodness."

FRIDAY, MAY 22

Word for Today: *Keeping before me the image of God's goodness, I can have naught but good in my life.*

Imagine that you are one with the Principle of Good, and you will become good.—*Christian Healing.*

We become like that which we imagine. Imagination is man's visualizing faculty. By it he molds thought substance. His thoughts take form; they manifest.

When one makes an image of disease and sees himself as that image, he soon manifests disease. He pours thought substance into the mold (the mental image) to such an extent that he identifies self with the thing that he has formed. The general and impersonal idea of disease has become specific and personal to him.

If you would have only good in your life, see that you do not exercise your imagination in a negative or destructive way. You change the character of what you manifest by changing the character of what you visualize. In the heart of your mind, in your subconsciousness, you must wipe out all mental pictures of evil, disease, and limitation.

Imaging good produces good. Imaging health produces health. Imaging plenty produces plenty.

"The good man out of the good treasure of his heart bringeth forth that which is good."

SATURDAY, MAY 23

Word for Today: *By my word I call good into manifestation.*

Pronounce nothing evil, and only good will come. . . . We get out of savagery by seeing good. —*Christian Healing.*

By your word you name the conditions in your life. Things appear at your command, so you can see the necessity for speaking according to absolute Truth.

Call something evil and you will find that you have given something power to work evil for you. Change your word and you change the character of the thing.

Many people remain in disease because, by their word, they keep themselves identified with disease. So long as one speaks of his disease, he may expect to have disease.

Your duty as a Truth student is not to declare things evil but to declare things good. If it is not easy for you, at first, to look past the seeming evil nature of some things, try turning to good and focusing your thought exclusively upon good.

When other people are seeing and talking about disease and poverty, you should talk health and prosperity. Your positive word will clear the negative atmosphere and help to establish constructive and positive conditions. Your word will not fail you.

"Whatsoever the man called every living creature, that was the name thereof."

SUNDAY, MAY 24

Word for Today: *True to the heavenly vision, I have power to arouse other men to the Christ light.*

Let no soul who has been born into a knowledge of God ever dare again to speak or even *think* disparagingly of or to any who seemingly are behind him in spiritual growth.—*Miscellaneous Writings.*

After Saul's vision and regeneration, he lost his former tendency to rail against Jesus and to condemn him. Saul was true to his vision of the Christ. The Jews did not understand this because they associated Saul with the spirit of resistance and fight. Neither did he condemn them because they had not seen the light. Even when they tempted him and tried to persecute him, he remained true to the vision. Saul's conversion is a typical Christian experience.

Applied to ourselves, the lesson gives us instructions as to how to deal with those who have not seen the truth. When they would hold us to old habits, we need to keep the vision. When they would condemn us, we should not retaliate with condemnation.

By keeping ourselves true to the vision we shall lift others to it.

Catch the high vision and keep it. Let no thought of personality cause you to give up your vision. Walk in its light and leave the shadows behind you.

"So let your light shine before men; that they may see your good works."

MONDAY, MAY 25

Word for Today: *The mind of God in me is infinite and absolute and I understand all things.*

Supreme Mind . . . exists as the Absolute—the Unlimited.—*Christian Healing.*

The mind of God, man's spiritual mind, is without limitation; because of this fact, man has power to understand all things. His previous conception of his mentality as finite must change to the truth that he has infinite understanding.

Men today have a broader understanding of things than men in the Middle Ages had, because men of today have developed the consciousness to understand, to achieve, and to master. The knowledge which comes to light today would have been revealed centuries before if men had realized their power to know and to understand. Acquisition of knowledge requires only a thinker, one who reaches out of mental limitation into the realm of absolute understanding.

The spiritual truths that you perceive today would have been understood by you five years ago if, at that time, you had had the consciousness to understand. The things that you look upon today as unfathomable are the things that you will understand when your consciousness is developed further.

"Great is our Lord, and mighty in power;
His understanding is infinite."

TUESDAY, MAY 26

Word for Today: *God, the absolute, is the source of all good. I recognize nothing in my life but that which God has produced.*

Primal causes are complete, finished, absolute. —*Christian Healing.*

In Truth, God alone can cause or produce. Man may believe that evil has cause or manifestation, but he cannot give cause or presence to evil. Only God has power to produce and only good has power to manifest. Belief in evil is but an illusion because evil has neither cause nor reality.

An absolute cause does not produce anything unlike itself; it works without limitation; it works with mathematical precision; it has no rival or competitor. Studying cause from the standpoint of the absolute, we see that cause must be good.

Knowing God, the absolute, as the source of your good, you cannot believe that anything else can have power to cause or to manifest. When you cease to recognize evil and limitation, they will no longer appear. Knowing but one cause, God, the source of only good, you can manifest naught but good in your life.

Do not try to juggle your metaphysics and make God the source of disease, poverty, and limitation. "There is none like unto thee among the gods, O Lord;
Neither *are there any works* like unto thy works."

WEDNESDAY, MAY 27

Word for Today: *Unified with the mind of God, I express and manifest God in his fullness.*

All that we can say of the one Mind is that it is absolute and that all its manifestations are in essence like unto itself.—*Christian Healing.*

There is but one mind of Truth, one spiritual consciousness, one divine science or intelligence. This mind expresses through man according to his capacity to contact it and to receive its messages. Jesus had great receptivity and opened himself to the inspiration of God. His own mind blended with the mind of God so well that he virtually thought with God.

If you are manifesting little of godlikeness, increase your knowledge of God and increase your capacity to express God. This will help you to eliminate your beliefs in your own insufficiency and beliefs that man is limited in his expression of God.

Thinking spiritual ideas—ideas of perfect life, love, strength—you will manifest them. You will manifest perfect life because your consciousness will perceive life in its fullness.

Man's duty is to think spiritual thoughts and to manifest God; any aim short of this serves to limit the expression of both God and man.

The absolute mind is just as absolute in its manifestation as in its thinking.

"That which is known of God is manifest in them; for God manifested it unto them."

THURSDAY, MAY 28

Word for Today: *I am willing to comply with the absolute law of God and to let it rule all my affairs.*

There is a straight, white line of absolute truth upon which each one must walk if he would have demonstration.—*Miscellaneous Writings.*

The law of God is scientific, accurate, undeviating. In order to demonstrate truth we must line up with the law. We must be willing to let this law govern mind and affairs. We must come out from under the government of all other laws.

The practical Christian knows that his Christianity is scientific. He has grasped the scientific character of its laws and principles. He applies them with as much certainty as a scientist applies his laws.

If absolute Truth were not based upon absolute law, then man would have no means of solving his problems and redeeming himself from ignorance and limitation.

Many people, contemplating God as law, think that God is not merciful and compassionate. One of the greatest blessings that man has from God is scientific law. God *is* this law.

You should not think too much of the exacting character of the law. Think of it as working with uncompromising accuracy and swiftness.

"One jot or one tittle shall in no wise pass away from the law, till all things be accomplished."

FRIDAY, MAY 29

Word for Today: *The absolute justice of God is now operating in my affairs. All my relations with people are divinely just.*

The tendency to condemn will grow less and less, until man, seeing his fellow man as God sees him, will leave him to the law of the absolute in all cases where he seems unjust.—*Christian Healing.*

The justice of the absolute works much more justly than the justice that man would mete out to another. Man is too much inclined to put himself in the position of judge and lawmaker. Quite often it appears as if he is uncertain of and impatient with absolute judgment.

When another seems to treat you unjustly, your duty is to continue to love and respect him just as if the incident had never happened. Let the justice of the absolute deal with him according to Spirit's plan of discipline. If one has been unkind to you, your duty is to give him a higher concept of Truth and to help him lift his vision. Lift him to the heavenly Presence and help him to present himself before God as that which he is in truth—loving, just, and perfect.

The justice that you render to others will reflect upon the justice that you receive from others. A deep metaphysical law is back of this truth.

"Dare any of you, having a matter against his neighbor, go to law before the unrighteous, and not before the saints?"

SATURDAY, MAY 30

Word for Today: *Thinking the absolute truth about health, I manifest physical perfection in my body.*

Man thinks his body into disease. Instead of basing his thought upon what is true in the absolute of Being, he bases it on conditions as they appear in the formed realm about him.—*Christian Healing.*

In order to express absolute truth in the body, we must first think it, think it to the exclusion of all belief in disease. Perfect health is but the manifestation of perfect thought.

Disease manifests when one fails to realize the truth about health. Disease does not necessarily come from thinking disease.

In metaphysical treatment and divine healing, the patient is taught to lift his consciousness from destructive thinking and to think spiritual truths. Finally he grasps the spiritual truth about himself, the truth that man is perfect and divine and that he is now that man in perfection.

Thinking spiritual truth invites the expression of Spirit in one's being. It causes more abundant life to flow from the depths of being to the outer of the physical organism. It causes health to spring forth. Part of the work of Jesus was to teach his followers thus to manifest perfect health.

"For the mind to be given up to earthly things means death; but for it to be given up to spiritual things means Life and peace" (Weymouth).

SUNDAY, MAY 31

Word for Today: *The Christ word renews and regenerates me. My body is filled with the healing life of Christ.*

Jesus is called the Word of God.—*Christian Healing.*

By the Word, Peter healed Æneas. By the Word, he raised Dorcas from the dead. Peter's word was vibrant with the Christ consciousness. He healed in the name of Jesus Christ; he healed through his Christ consciousness.

One who has the Christ consciousness can heal in the name and with the authority of Jesus Christ. A healer does not heal through his personality or personal efforts. He heals through the Christ consciousness within.

Those who heal in the name of Jesus heal in the name of God. They execute spiritual truth. They work, backed by spiritual authority.

Jesus Christ heals you when you enter the Christ consciousness of health, reclaims your body from all adverse conditions; you become a new creature, filled with the presence of Christ.

Speak powerful words of Truth to your body. Charge them with Christ authority to deliver your body from every physical limitation. Speak to your body just as if it were a person; it has consciousness.

"Peter said unto him, Æneas, Jesus Christ healeth thee: arise, and make thy bed. And straightway he arose."

CONCENTRATION AND CONSECRATION

When a person's thoughts are scattered and his attention is wavering, what does that fact indicate? Lack of interest—possibly more interest in another subject than the one in hand. Where your "heart" is, there your thought will be found. If you are more interested in arranging the books in your library than in holding the silence, while trying to enter the silence you will find yourself thinking about your books.

If your thought rambles when you try to get still in the silence, it shows that you have not centered your attention in that which will hold it. Just as a balloon needs to be tied to earth to keep it from being blown here and there, so your mind needs to be centered so that your thoughts will not be woolgathering. This is the reason why an affirmation or watchword is used. It gives one something to tie to.

If you take up an affirmation when your enthusiasm and your interest are upon nothing else, you can easily concentrate. Quite often one can take up an affirmation and turn it over in his mind to such an extent that it would seem almost impossible for any other thought to come to his mind.

A student once said that he had found that he had to be obsessed with an idea before he could concentrate upon it. He felt he would need to be filled with the thought before he could hope to derive any good from meditating upon it. We need to think a truth so definitely that there can be no belief in an opposite to Truth. If you have any latent beliefs in disease, they will rise up to disturb your concentration when you try to concentrate on health. Very

often the subconsciousness reveals some surprising needs for overcoming and what we thought we had overcome rises up when we try to get still.

A woman once asked whether we thought it possible to concentrate on health, saying that she had been ill all her life and had never been able to concentrate. The answer was that she had shown a remarkable power to concentrate, in that she had held to one thought for such a long time—the thought and belief in disease. Had the same energy been given to concentrating on health, she would have become just as proficient in demonstrating health.

Because Christian metaphysics gives attention to right thinking, some persons think it similar to popular psychology. This distinction may be made between the two: The psychologist is given to studying the effect of both positive and negative thought; one is just as strong as the other, in his estimation. The metaphysician is not so much given to sorting thought; he has Truth for his guide, and he values a thought in proportion to its relation to absolute truth.

The Christian to whom Truth has been revealed tries to make his thinking line up with Truth. He thinks Truth because there is nothing else to think. He concentrates upon Truth because, in the absolute, there is nothing else to command his thought and attention. Healing results for himself or for one whom he may be treating, because he has succeeded in healing his mind of all belief in disease.

Do not think of concentration as some sort of mental strain. You may be just as relaxed and just as passive when you concentrate and when you pray as

at any other time. You must be relaxed mentally and physically in order to get good from the metaphysical treatment.

In the silence you meet the Christ. If a distinguished guest, one who would help you greatly, were expected in your home, would you not give your whole thought to his reception? How much more one needs to concentrate his mind when he anticipates the coming of the Christ in the silence of his own being!

Your concentration depends upon your consecration to a thought. If you take up a thought that you recognize as a great spiritual truth and give yourself to that thought, your concentration will follow rapidly. In turn you will succeed in consecrating your whole mind and body. The limiting thoughts that have been replaced by spiritual truth will cause limitation in your body to be replaced by the expression of Truth.

Take up a thought like this: *Christ in me is power. Through Christ, I am powerful.* A word like this is so charged with spiritual power that it virtually demands attention. One could hardly repeat the words without getting such a realization of power that he would find even his ability to concentrate made more powerful. The more you think of yourself as powerful and of your power as coming from Christ within you, the greater will be your resistance to thoughts of weakness. Your mind will not vacillate when you begin to get even the slightest realization of this truth.

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